

Helping Baby Sleep

Anni Gethin, PhD,
and Beth Macgregor

The Science and Practice of
Gentle Bedtime Parenting



Anni Gethin

Helping Baby Sleep: The Science and Practice of Gentle Bedtime Parenting



[continue reading](#)

An impressive gift to mothers and fathers--superb.cry it out”””s neurological and emotional development. With this supportive, empowering guide, readers will: • Understand how early parenting options affect a baby’ Learn why babies wake at night and need help to settle•s growing brain • Examine why “sleep training” Find out how tired parents can build a support program (and stay sane)Sensitive, responsive parenting establishes a powerful bond between baby and parent--a connection that lays the building blocks for healthy psychological and psychological development. Discover how to create an effective sleep routine and secure sleeping environment•Gethin and Macgregor have boldly and successfully waded in to the complex problems of infant sleep, developing a guide that provides parents hope and support. is risky, both in the short and long terms• Filled up with scientific evidence, tales from parents, and testaments from infant mental health authorities, Helping Baby Rest gives conscientious moms and dads the insight and practical tools to help their infants thrive.“Helping Baby Sleep offers tired parents fresh ideas about how exactly to deeply connect with their baby or toddler to aid the transition from wakefulness to rest. The book is filled with beautifully translated, science-structured concepts that are made accessible to parents of all backgrounds. The authors have done a masterful job of elucidating the significance of human relationships in shaping the mind. Enjoy and sleep well! Mining the latest scientific research, the authors present parents how exactly to practice soft bedtime methods that respect a baby’--Daniel J. Siegel, MD, writer of Mindsight: The New Science of Personal Transformation, and coauthor of Parenting from the within Out“ Explore common baby sleep problems and how to cope with them •Kid development specialists (and mothers) Anni Gethin, PhD, and Beth Macgregor challenge the wisdom of the popular “ philosophy and instead advocate a responsive parenting approach during the day and at night.--Michael Trout, MA, director of the Infant-Parent Instit



[continue reading](#)

